

Don't Sweat It

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AS I SIT DOWN, TO COLLECT SOME thoughts this early Monday morning in late August, this year, I'm mulling over just a few things, considerations, which my living in this life, on Earth, necessitates. I guess my reader will already know me, and have

some background information. But, my present living arrangement, which has kept me housed since about June of this year, is somewhat of a limited time arrangement, so my thoughts are, necessarily around the basics... how can I keep a roof over my head, keep living, and continue doing things I love, *being productive, in my crafts and arts paths, doing the good work that I know how to do*, and enjoying the things and practices which are required of me? (These include my specific rental agreement, in a group or boarding, or foster type plan, taking prescribed medication properly, my hi jean, healthy meals, and

any chores that may be required of me. My local health department has offered to assist me in this, and I'm grateful for this. *There are those people who get paid, to assist people like myself, who will have relied on group, boarding, and foster home arrangements, for residence, for five, ten, even twenty years, as I have.* I think that I will only need to ask, to be shown some resources. *I do receive disability insurance money.)* Some of these facets of living, such as prescription medicines, and weekly groceries, as well as transportation, and utility bills will have been, for those like myself, handled

entirely by their foster or group home agency, for years. Without an arrangement, of this sort, these people, many of them, trying to arrange these amenities, *are simply not competent... not competitive enough to take care of these basic necessities, by themselves. They will need help.* I'm collecting these thoughts, this morning, because my writer's mind is good. For years, my philosophy in living has been that, *while I may be disabled, and challenged in some ways, my spiritual resources, and discernment are good, and there are many problems and difficulties of life which these faculties can and will help*

me with. There is always just a great resource in using 'instruments of light,' such as word processors, or notebooks and pens... digital image samplers... or computers... to locate the answers needed in life. *I have found, for instance, time and again, how the power experienced in music, such as the redeeming power of a strong melody, can easily take a poor set of circumstances, and make them, at least feel, so much better.* So, and most of us will be familiar with this great power. I have also seen, how in living, *if we're content with only the poorer circumstances and life situation which we're given, at the*

outset, we'll miss out on everything. So, maybe, through starting by applying my good spiritual intelligence, and eyes and ears, and command over a quanta of free energy, to the solving of the problems which I see, first off, then at least, I will somewhat be able to get myself into the right kind of attitudes, and orientations, needed for facing the obstacles and challenges of any given day, no matter what. I should keep striving for a 'higher art.' And, my consciousness has revealed these things to be so. If you want to really begin to tap into the inherent latency of your human mind, and your two good

hands, and five senses, *then you will want to know of the powers held within such practices as stream of consciousness art, music, and poetry.* You might be full of doubt... your moods, and feelings appearing to be at the mercy of the shifting whims of any given day. But, this is when, merely through starting out, on the written page, you'll find that the nuances of your particular life situation, and station... *and the right directions in which you need to take yourself... will readily come to light.* You'll then most likely find yourself 'ahead of the others,' if only in the having of good, new, original written material. By starting

out, on any given morning, when your doubts are strong, or when things in your life might appear to be working against yourself, you can easily, *given time and tools, and such 'instruments of light,' turn a depressed time around, and benefit and improve your own account greatly.* You'll only need to try. So, and in case you were wondering, *our spiritual wits, our 'genetic helpmates,' in living our lives, specialize in making 'lemonade from out of lemons,' so it shouldn't be too hard for you to see the great benefits of trying in this way.* At any rate. I thought I'd say a word about how, although emotions are a natural part of

being human, *they tend to create problems, when they are 'unloaded,' or 'ventilated,' into your writing.* This has, unfortunately happened, in my writing, more than once. I might be sincerely trying to get strong writing onto the printed page, but peace of mind is so slippery, *that there will be issues which try to come in between that good writing, and your peace and contentment.* When this happens, I think, that while you can try to minimize them, by going behind yourself, and lessening, or removing them, before publishing... in general, you don't want any part whatsoever in any emotional resentments,

or negativity, at anyone... these are simply unwanted side effects of having a writers mind, **and I think suggest instead at societal inequities, and imbalances... not so much at any real differences, or significant resentments in your personal life.** So, before you go and take a negative stance with anyone, always remember that, *'When you feel good, you can do good,'* and that if negative critical thinking patterns have crept into your life, or writing, then, I would say, *that repentance is the best way to deal with them, because 'negative critical thinking patterns' are only the ways that the enemy tries to destroy our*

relationships, and tear down at our society.

This is almost always the case. But, in our society, this sort of thing is way too prevalent... at the highest stations of our society, there will often be 'negative critical patterns,' like 'I resent what you said, or did to me...' only we don't want to feed into these types of negative emotions any more than we have to. *Because they're corrosive, and they're a waste of time, for anyone who cares about inner peace.* Well, these have been some thoughts, and I'm glad to have been able to share them, into this word processor, and this directory. I'll wrap these thoughts up, and send along

your way, now. All for now, Greg.